

Growing Healthy Families

SPRINGFIELD DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Mineral Street, Suite 104, Springfield, VT 05156 • 1-802-289-0600 or 1-888-296-8151

Unless otherwise noted,
activities held at:
Vermont Department
of Health
100 Mineral Street
1st floor conference room
Springfield

For more information or to
register call 289-0588.

Make your own baby food

Thursday, December 15
1:00–2:00 p.m.

Looking to make your own
baby food with fresh fruits and
vegetables? Join us in learning how
to create healthy, delicious food for
your baby. We'll provide recipes
and the tools you need to make the
food at home.

WIC breastfeeding support group

Thursday, December 1
10:00–10:45 a.m.

Wednesday, February 22
1:00–1:45 p.m.

Join us for a fun, free workshop to
learn more about newborn behavior
while breastfeeding, what to expect
after giving birth, and simple tips
for successful breastfeeding from
birth onward. Partners and other
family support welcome.

Understanding your baby's cues

Thursday, January 5
1:00–1:45 p.m.

It can be hard knowing what your
newborn is trying to communicate
when he or she can't talk.
Understanding your baby can help
you feel less stressed and more
confident. Learn how to recognize
hunger cues, sleep patterns,
reasons for crying, and solutions
to common concerns. Dads,
grandparents, and other support
welcome.

Kids can cook! Healthy snacks for kids

Thursday, January 19
10:00–11:00 a.m.

Join your WIC nutritionist in
learning how to make healthy
snacks for you and your kids.
Together, we'll make the
snacks and enjoy them as
a family style meal. Family
members and friends are
welcome.

All activities are FREE
of charge!

Let's eat! Ways to use your WIC foods

Friday, February 24
1:00–2:00 p.m.

Looking to get creative with WIC
foods during the cold winter
months? Join us for homemade
butternut squash mac and cheese
and crispy kale chips. We'll provide
the recipe, foods to taste and meal
plans using WIC foods.

Springfield Hospital breastfeeding support group

2nd and 4th Tuesday
of each month
Noon–2:00 p.m.
Springfield Hospital
Meeting House
(go past the main parking lot
and turn left)

Registration is not required.
Just come.

